

# Astro News

## New GPS IIR satellite added to constellation

**Ronea Alger**  
Public Affairs

The Air Force successfully launched its fourth Global Positioning System replenishment satellite (GPS IIR) on a Delta II rocket July 16 from Cape Canaveral Air Station, Fla. This spacecraft will join 27 other satellites in the GPS constellation.

"This launch is to increase global coverage and improve overall constellation health," said Col. Douglas Loverro, system program director, NAVSTAR GPS joint program office. "In such a mission, the satellite is placed into a desired plane based upon analyses, which determines which plane most likely contains a satellite or satellites which are nearing their end-of-life. This strategy allows us to fully utilize the unexpended life of satellites in all planes without risking coverage gaps if older birds should fail.

The Global Positioning System allows any user equipped with a GPS receiver to determine velocity and worldwide position - latitude, longitude and altitude - within a few meters. Both position data and velocity are given at a precise reference time. Although originally designed as a guidance and navigational tool for the military, GPS has proven beneficial in the fields of transportation, surveying, search and rescue operations and has created a tremendous demand in new commercial and civil markets.

"The GPS IIR satellites are compatible with the current system but offer improved performance," said Jerry Heydinger, program manager GPS space systems. "Increased navigation accuracy and longer autonomous sat-

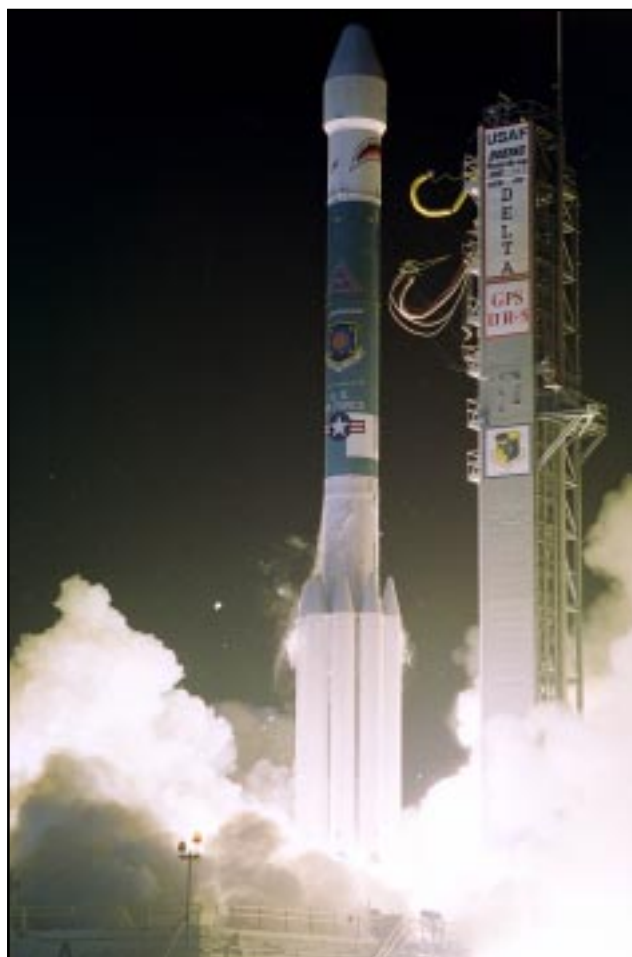


Photo courtesy Boeing

**A Delta II rocket carries a GPS replenishment satellite into orbit July 16 from Cape Canaveral.**

ellite operation without ground control corrections will improve service for the Air Force customer and other users."

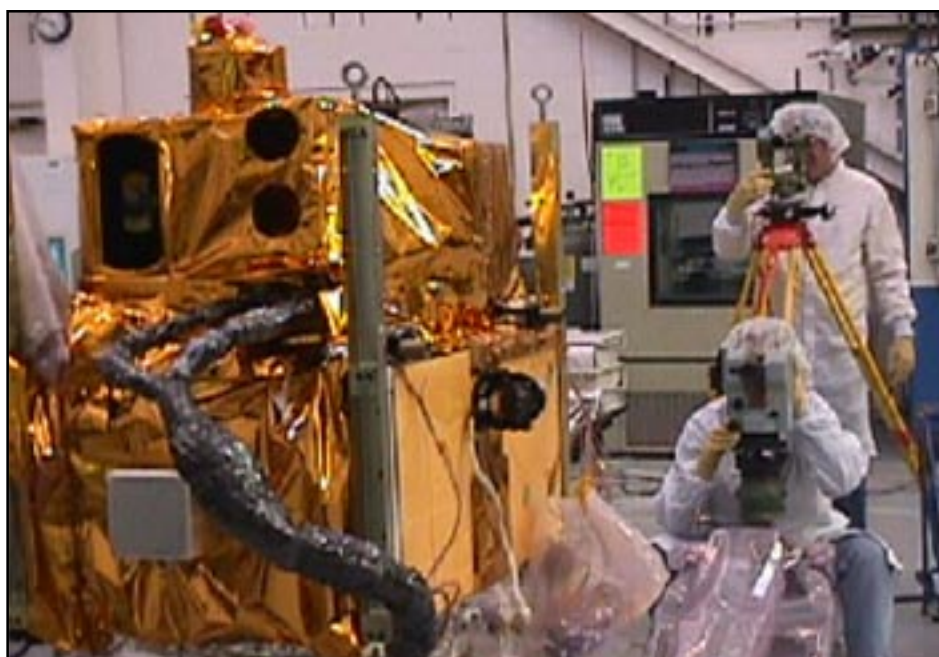
In recent GPS IIR news, the President's 2001 budget request, unveiled earlier this year, builds in plans to accelerate GPS modernization. The budget, if approved by Congress, will allow GPS to provide improved capabilities sought by military and civilian users of the navigation system much sooner than previously envisioned.

"The new capabilities include additional military and civilian signals, increased signal power and the ability to reprogram spacecraft signals and power while on orbit," said Loverro. "These improvements will provide for better resistance to enemy jamming and improved accuracy."

According to Heydinger, the government will launch 16 more GPS IIR satellites built by Lockheed Martin Space Systems Company, Valley Forge, Pa., over the next five years.

The 5:17 a.m. launch was the 36th success in a row for the Delta II since 1997. The Delta program office is also responsible for launching all the GPS satellites except the Block I GPS satellites, which were lofted into space by refurbished Atlas ICBMs, according to Lt. Col. Nancy Insprucker, Medium Launch Vehicle program manager.

"While the launch count was flawless, the team certainly overcame a number of booster challenges before the launch," said Insprucker. "I really appreciate the GPS JPO's patience and can-do attitude that was displayed without any visible interface issues between the Air Force, Aerospace and the contractors. There simply is no finer team!"



Courtesy photo

**Mighty Sat II.1 preparations underway at the Air Force Research Lab.**

## Hard work pays off for MightySat

**Hap Parker**  
Public Affairs

Eighty minutes after a refurbished Minotaur rocket lifted off the launch pad at Vandenberg AFB, Calif., July 19, ground stations in Europe began receiving signals from MightySat II.1, an Air Force experimental platform satellite.

This effort represented a lot of hard work by a team of experts charged with placing this satellite in orbit.

"Solar arrays extended, antennas pointed sunward and everything is working according to plan," said Col. Dan Dansro, deputy director for Space and Missile Systems Center Test and Evaluation Directorate at Kirtland AFB, N.M.

"This successful launch has shown we can place a low-cost research bus satellite into orbit that will provide research and great benefits for our nation," Dansro said.

MightySat II.1, built by Spectrum Astro Inc., of Gilbert, Ariz., for the Air Force Research Laboratory's Space Vehicles Directorate is a small, multi-mission satellite that will demonstrate on-orbit, high payoff space system technologies. The \$21.5 million project extends for one year and will perform 10 experiments. The satellite weighs 266 pounds.

"Perhaps the most important of the on board tests," said SMC/TE's Capt.

**— See MIGHTY SAT, Page 5**

# Voice your political opinion only with vote

Walter Pupko  
AFMC Law Office

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFMCNS) — This is a Presidential election year, when interest in politics is at its highest.

In addition to electing a new president and vice president, there will be elections for members of Congress, state and local officials, and various other matters. Civilian employees and military personnel are encouraged to exercise their right to vote for the candidates of their choice.

However, in order to ensure there is not even the appearance of official endorsement of any candidate or other partisan political issue, there are restrictions on military members and civilian employees' other political activities. Do you know what you are and are not permitted to do?

Unless otherwise noted, the rules listed below are the same for both civilian employees and military personnel.

Political activities that appear to be official are strictly prohibited. You may not engage in political activity while on duty or in a government office.

You may not use your official authority or influence to interfere with an election. You may not solicit or discourage political activity of anyone having business with your agency.

As noted above, you are permitted to vote in elections. You are also permitted to express opinions about candidates and issues, as long as you do not do so as a representative of the Air Force.

There are some limits, however, on how you may express your opinions. Civilian employees may send letters to the editor to support a candidate, but military personnel may only send letters to the editor expressing their

views on public issues that do not involve a partisan political cause.

Military personnel may not allow, or cause to be published, partisan political articles signed or authorized by the member for soliciting votes for or against a partisan political party or candidate. You may have a sign supporting a candidate outside your house (but military personnel living in base housing should consult their legal office), you may have a bumper sticker on your car, and you may wear a button when you are off-duty, away from the work place, and not in uniform.

Political campaigns need money. Civilian employees who would like to contribute to a political campaign may do so. Military personnel may make monetary contributions to a political organization or political committee favoring a particular candidate, but may not make contributions to a political candidate.

Civilian employees cannot solicit or receive political contributions (there is a limited exception for labor or other employee organizations). Military personnel may not solicit or otherwise engage in fund-raising activities in federal facilities, may not otherwise solicit contributions from other military or civilian personnel, and may not sell tickets for or otherwise promote political fund-raising events.

The restrictions on political activities are less severe for civilian employees than for military personnel. Civilian employees may join and be an active member of a political party or club, may campaign for or against a candidate in a partisan political campaign, make campaign speeches for candidates, distribute campaign literature, sign nominating petitions, attend and be active at political rallies and meetings, and participate in voter registration drives. Military personnel may join a political club and attend meetings when not in uniform and may sign nominating petitions.

Military personnel may not participate in partisan political campaigns, march or ride in a partisan political parade, participate in partisan political campaigns or make public speeches in the course of such activity, and may not speak before a partisan political gathering to promote a partisan political candidate.

Civilian employees may be candidates for public office in nonpartisan elections. Military personnel generally may not be candidates for public office, even in nonpartisan elections.

The United States Office of Special Counsel is responsible for implementing the restrictions that apply to civilian employees' political activities. More information on these restrictions can be found in a flyer available at its web site: <http://www.osc.gov/Documents/haflyer.pdf>.

Permitted and prohibited political activities for members of the Air Force can be found in AFI 51-902.

## Action line 363-2255

The Action Line is your direct link to Col. David E. Price, 61st Air Base Group commander. Its purpose is to make Los Angeles AFB a better place. Below is a list of people to call if you have any issues that need to be addressed.



<b>Base Exchange</b>	– David Clore .....	640-0129
<b>Base IG</b>	– Lt. Col. John R. Woodcock .....	363-0802
<b>Chaplain</b>	– Lt. Col. Gary Garvey .....	363-1956
<b>Civil Engineering</b>	–	
	Lt. Col. William Saunders .....	363-0287
<b>Commissary</b>	– Al Cherry .....	363-6140
<b>Comm. Sqd.</b>	– Maj. Lisa Hummler .....	363-0798
<b>Equal Employment Opportunity Program Office</b>	–	
	Leonard Gonzales .....	363-1565
<b>Family Support Center</b>	– Tom Sanders .....	363-5365
<b>Fraud, Waste and Abuse Hotline</b>	.....	363-2020
<b>Housing</b>	– Jon M. VanHoose .....	363-8340
<b>Logistics</b>	– Capt. Tam Elliott .....	363-0351
<b>Medical</b>	– Col. Mark Wisniewski .....	363-5005
<b>Mission Support</b>	–	
	Lt. Col. Maureen Hurley .....	363-1230
<b>Privacy Act/FOIA</b>	– Jesusa Cruz .....	363-2576
<b>Security Forces</b>	– Maj. Lyle W. Cary .....	363-0032
<b>Services</b>	– Gary Van Dusen .....	363-0430
<b>Military Equal Opportunity Office</b>	–	
	Capt. Elizabeth Vallery .....	363-2806
<b>TRICARE</b>	.....	363-0261
<b>24-hour Crime Stop</b>	.....	363-2124
<b>Legal Office</b>	– Col. Scott Bagley .....	363-0916
<b>Area Defense Counsel</b>	–	
	Capt. Art Kirkpatrick .....	363-6776

## Aug. 18 'Dining Out' guest speaker selected

Gil Decker, Executive Vice President of Engineering and Production for Walt Disney Imagineering, will honor SMC with his presence as the guest speaker at the upcoming Dining Out Aug. 18. Here's a little about his background:

Decker joined Walt Disney Imagineering in May 1999. He oversees all Engineering, Production, Manufacturing and Asset Sustainment disciplines. Prior to joining Disney, Gil was a private consultant to various high tech electronics and aerospace companies and a visiting lecturer and member of the Executive Institute of the Defense Systems Management College.

He was appointed by the President of the United

States to serve from 1994-1997 as Assistant Secretary of the Army, Research, Development & Acquisition, where he was responsible for all research, development and procurement of systems and equipment required by the U.S. Army. He has served as a captain in the U.S. Army and a colonel in the US. Army Reserve.

Decker has a wealth of experience in leadership positions in industry, particularly in the fields of technology, communications, systems and defense.

Find out more about this dynamic leader at the Dining Out. Get your tickets by contacting your unit representative.

## Astro News

Space and Missile Systems Center  
Editorial Staff

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Lt. Col. Robert Potter .....	Director of Public Affairs
Peggy Hodge .....	Chief of Internal Information
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Ronea Alger .....	Staff Writer
John Ryan .....	Staff Writer
Senior Airman Chris McGiveney .....	Staff Writer

### Editorial policy

The editorial content is edited, prepared and provided by the Space and Missile Systems Center Public Affairs Office, Los Angeles AFB, Calif. All photos are U.S. Air Force photos, unless otherwise indicated.

The *Astro News* is published every other week on Friday. The editorial office is located in Building 105, Room 4030, in Area A. The telephone number is (310) 363-1221.

Deadline for submissions is Friday, close of business, the week before publication. Articles should be sent via e-mail to the editor or sent on disk. The mailing address is SMC/PAI, 2420 Vela Way, Suite 1467, El Segundo, Calif. 90245-4659.

The *Astro News* is published by Aerotech News and Review, a private firm, in no way associated with the U.S. Air Force, under exclusive contract with the SMC Public Affairs Office. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services.

*Astro News* contents are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense or the Department of the Air Force.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron.

For advertising information or space reservations, call Gail at (661) 945-5634.

**Submit articles to:**  
**SMC.PA.ASTRONEWS@**  
**LOSANGELES.AF.MIL**  
or  
**Call 363-0303 for more**  
**information.**

## News Briefs

### Dining Out prices clarified

Tickets are now on sale for the 2000 SMC Dining Out, Aug. 18, at the Hyatt Regency Long Beach.

The event begins at 6 p.m. with a social hour, followed by dinner at 7 p.m. and dancing at 9:30 p.m. Dinner choices include Grilled Fillet Mignon, Chicken Moutarde, Seared Fillet of Salmon or Pasta Primavera. The dress attire is mess dress for military and black-tie for civilian.

Prices are as follows: E-1 to E-6, GS-6 and below, and Aerospace support, \$25; E-7 to E-9, \$30; O-1 to O-3, GS-7 to 11, and Aerospace Levels 1 and 2, \$40; O-4, O-5, GS-12 and up, and Aerospace Level 3 and up, \$45; and O-6 and above, GS/GM-15/SES and Aerospace Level 5 and above and contractors, \$55.

For more information or to purchase tickets, call Capt. Roberto Silva at 363-3246, Capt. Erik Bauer at 363-3418 or contact your unit dining out representative.

### CFC day with Dodgers Aug. 6

The 5<sup>th</sup> Annual Federal Employees Appreciation Day At Dodger Stadium will take place Aug. 6 as the Dodgers battle the Milwaukee Brewers. Game time is 5 p.m. Tickets are available for \$8, with seating in the Blue Reserved section of Dodger Stadium. A portion of the proceeds from ticket sales will sponsor admission and food costs for up to 400 Los Angeles youth with special needs to provide a day at the ballpark.

Call CFC coordinator, Randolph Funk at 363-6015 to purchase tickets. Parking is \$6.

### TRICARE Prime to be routine

Beginning Oct. 1, 2000, enrolling in TRICARE Prime will be routine for active duty family members, E-4 and below, who reside in the catchment area of a military treatment facility (MTF). Benefits of TRICARE Prime enrollment for family members include priority access at the MTF (after active duty members), timely access to a designated primary care manager and no deductibles fees to pay or claim forms for members to file. Equally important, there are no enrollment fees, cost-shares or co-payments for members who enroll and receive care at the MTF. Additional information on TRICARE Prime enrollment is available on the Military Health System/TRICARE Web site at [www.tricare.osd.mil](http://www.tricare.osd.mil), or by contacting the Beneficiary Counseling and Assistance Coordinator (BCAC), Rosie Manning at 363-0261 or visit the TRICARE Service Center in Building 219, Room 1505.

### IMPAC credit card training

IMPAC training is being offered to new cardholders and approving officials on Thursday from 8 a.m. to noon in Building 219, Room 1080. Signup by calling Elaine Marquez at 363-5111.

### Self-Help store in Area "B"

There is a new Self-Help store located in Building 229, Room 123. Call 363-6209 for details. Hours are Wednesdays and Fridays from 8 a.m. to 4 p.m.

## Aerospace taps new president

The Aerospace Corporation recently announced that Dr. William F. Ballhaus, Jr., has been named president, effective September 11, 2000. E. C. "Pete" Aldridge, Jr., will remain the CEO of the Corporation. Aldridge and Ballhaus will share the responsibility for the operations of Aerospace until Aldridge retires in late 2001.

Ballhaus joins Aerospace after an 11-year career with Lockheed Martin where he served most recently as corporate vice president, Engineering & Technology. In that post, he was responsible for monitoring the scientific and engineering expertise for the company and overseeing research and engineering functions throughout the Corporation. Prior to his tenure with Lockheed Martin, Ballhaus served as president of two Martin Marietta businesses: Aero & Naval Systems and Civil Space & Communications. He also was vice president and program director, Titan IV Centaur at Martin Marietta Space Launch Systems.

"Bill's operations and research background will serve us well as we continue to pursue our primary mission of being a scientific and technical advisor to the Air Force and the Department of Defense on space systems," said

Aldridge. "He has the integrity, expertise and vision to understand our customer's needs and to carry The Aerospace Corporation proudly into the future," he said.

A native of Southern California, Ballhaus received bachelor's and master's of science degrees in mechanical engineering, and a Ph.D. in engineering from the University of California, Berkeley. Ballhaus has served as co-chair of the Air Force Scientific Advisory Board and currently serves on engineering advisory boards at the University of California, Berkeley, the University of Maryland, MIT and Johns Hopkins.

Ballhaus and his wife, Jane, will relocate from Maryland to Southern California. The Aerospace Corporation is an independent, nonprofit corporation that provides objective technical analyses and assessments for national security space programs and other space programs in the national interest. — *The Aerospace Corporation*



Ballhaus



### Base welcomes new boss for Security Forces

Col. David E. Price, 61st ABG commander, presents guidon to Maj. Lyle W. Cary at a change of command ceremony July 14 at Ft. MacArthur. Cary assumed command of the 61st Security Forces Squadron from Maj. Larry Bartlett. (Photo by Shaad Madison.)

## Chief's Corner: *Commentary from SMC's Top Enlisted*

### SMC gives warfighters the edge

The Space and Missile Systems Center vision is Forging the shape of military space for the 21st century. I'm here to tell you that we have already influenced the warfighter's capability during the 20th century, and we will continue to make significant contributions to the air and space warfighters of the future. SMC is the home of the legacy launch systems and the first satellites too. We are fully engaged with the acquisition of the next generation of space systems.

History has taught us that our military leaders' ability to successfully fight and win battles has depended on controlling the high ground. From the early American battles for independence at Bunker Hill to Gettysburg, to San Juan Hill, to Pork Chop Hill, to Khe Sanh, to Kuwait, the tactical advantage and victory went to the forces that controlled the high ground. Space is the place we choose as modern warfighters of the 21st century to establish technical and military superiority. You are an important element in that endeavor.

The various space systems we acquire provide the edge demanded by modern warfighters. Our mission touches every component of the national defense infrastructure. Every airman, officer and civilian of our

combined SMC workforce has every right to be proud of the contributions SMC makes to the national defense posture. The support organizations allow the acquisition organizations to focus on the space mission. Because of the reliable backing, the acquisition organizations don't have to spend time worrying about

their health, finances, security, communications or personnel actions. We all contribute our own part to the overall SMC mission, and, therefore, each of us is entitled to share in the successes as well. So, each and every one of you should take time to bask in the glory as you have earned the right to be proud as Team SMC forges the shape of military space.



Command Chief Master Sgt. Don C. Cleveland

# ABL closer to completion

**Ken Engledes**  
ABL Public Affairs

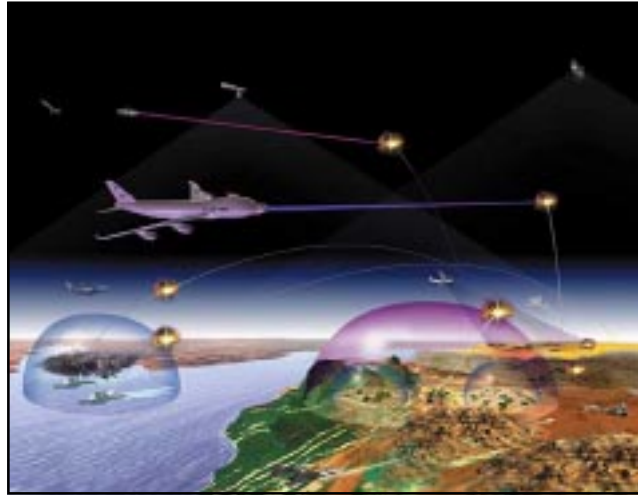
The Airborne Laser (ABL), the Air Force's speed-of-light response to a Scud attack, has moved considerably closer to an actual missile shootdown thanks to a recent painstaking, two-day review of every phase of the revolutionary new system.

The process, called a critical design review (CDR), showed every component of the intricate ABL system exceeds the requirements laid down by the Air Combat Command, which will take over the flying stage of the program once the initial aircraft, YAL-1A, is ready in September or October 2003. SMC is currently responsible for managing the program through the System Program Office at Kirtland AFB, N.M.

YAL-1A is the prototype model of an expected fleet of seven ABLs designed to be the first line of defense against Theater Ballistic Missiles fired at American troops in regional conflicts, like the Gulf War.

The Airborne Laser, operating from a racetrack pattern at 40,000 feet over friendly territory, will use a multi-megawatt chemical laser to destroy missiles during their boost phase when they are relatively easy targets. The laser beam heats up a section of the missile body, causing a fracture in the metal skin. Internal pressure in the rising missile then causes it to explode, dumping its warhead near the launch site. Decoy warheads are not a factor because the missiles are destroyed while the entire payload is still attached to the missile.

Although technology used in the ABL program dates back to the early '70s and a predecessor program called the Airborne Laser Laboratory (ALL) successfully shot down airborne missiles in the early '80s, the current system began in 1996 when the Department of Defense issued a billion-dollar contract to Boeing to serve as the prime contractor. Lockheed Martin and TRW are the other



Artwork courtesy The Boeing Company

**Artist's conception of the Airborne Laser in action.**

two major contractors working on the project, each on a different function. Lockheed Martin is responsible for the beam and fire control system; TRW is building the laser modules.

Boeing provided the aircraft, an off-the-assembly-line 747 which was delivered to the company's Wichita facility in January for modifications, primarily the installation of a nose turret to house the 1.5 meter telescope which will be used to direct the basket ball-sized beam over a range exceeding 200 miles.

The CDR was the last major step before the assembly of the weapon system, the world's first totally laser-armed combat plane.

"The purpose of the CDR was to determine that all the pieces have been completed and we're all on the same page, ready for the next step," said Col. Ellen M. Pawlikowsky, who took over as ABL program director in April. "That is, take the hardware, integrate it, and test it." If the prototype model works as planned, the Air Force will begin work immediately on a second aircraft.

## PK Acquisition University schedule for August

PK Acquisition University is sponsored by Patricia Kirk-McAlpine and is designed to provide training to contracting and acquisition professionals through implementation of specialized in-house training. Continuing Acquisition Education Training credit will be given for completion of scheduled courses offered by the University.

For more information or to register, contact Paula Bryant, SMC/PKXC, 363-6598 or e-mail

Paula.Bryant@LosAngeles.af.mil. Here are the courses set for August:

Aug. 10, 9:00-11:00 a.m. — Anti-Deficiency Act, Area A, Building 110, Room 1332.

Aug. 24, 9:00 a.m.-3:30 p.m. — Award Fee Workshop, Part I: Award Fee process overview, plan development, and coordination and approval process. Part II: Award Fee monitoring. Area A, Building 110, Room 1234.

## AFA sports day set for Aug. 21

The 29<sup>th</sup> Annual Sports Day competition sponsored by the General Bernard A. Schriever Air Force Association Chapter 147 and 4<sup>th</sup> Annual Commanders Challenge is set for Aug. 21. The events for this year include golf, tennis and beach volleyball.

**Golf** — A scramble golf tournament and barbecue dinner will be held at the Los Alamitos Navy Golf Course. Format for this event is a team scramble with a shotgun start with a maximum of 144 golfers. The golf course is soft spikes only. Registration will start at 12 p.m. A barbecue dinner and awards ceremony follow. No cancellations after Aug. 14 and pairing for the tournament is Aug. 15. Cost is \$40 for E-5 and below; \$50 for E-6 and above; \$55 for DOD civilians; \$70 for contractors and \$125 to sponsor a tee. Reserve your spot by mailing a check to AFA Sports Day, 20052 Beaumont Circle, Huntington Beach, Calif., 92646. For more information, call Doug Van Mullem at (714) 372-6792.

**Tennis** — A blind draw, round robin or doubles tennis tournament will be at 12:30 p.m. at the Manhattan Country Club located on 1330 Park View Avenue in Manhattan Beach. Dress code is collared shirts and tennis shoes with non-marking soles. Cost is \$20 and includes prizes, lunch, refreshments and full use of the facility. Fax your registration to 512-1917, pay at the door or mail a check to AFA Tennis, Attn: Chris Velderrain, Mail Stop 36-2 Honeywell Inc., 2525 West 190<sup>th</sup> Street, Torrance, Calif., 90504. No cancellations after Aug. 14. For more information, call Nancy FitzGerald at 512-5878.

**Volleyball** — A doubles pool play followed by a single-elimination volleyball tournament and cookout starts at noon with pool play starting at 12:30 p.m. You must register as a doubles team. Cost is \$20 per team and includes burgers, hot dogs, chips and drinks. No cancellations after Aug. 13. Drop off registration to Building 100, Room 1070B or mail your registration and payment to AFA Sports Day, Attn: Capt. Janet Haug, SMC/AXLY 2420 Vela Way Suite 160, El Segundo, Calif., 90245. For more information call Capt. Janet Haug at 363-3603.

**MIGHTY SAT, From Page 1**

Mark Mocio, MightySat II.1 space test program mission manager at Kirtland AFB, N.M. “is the hyperspectral imagery experiment. This test will help us discern unique objects on the ground using solar energy.

“The new technology will establish specific signatures for concrete, mud or other objects that will eventually assist a battlefield commander with making effective tactical decisions about how to move ground troops or equipment,” Mocio said.

The four-stage Minotaur rocket is a refurbished Minuteman II provided by the Air Force to Orbital Sciences Corporation of Dulles, Va., using Air Force-supplied motors, decommissioned as a result of arms reduction treaties, in the first and second stages. Orbital provided third and fourth stages from their Pegasus rocket. This is the second successful launch of the Minotaur rocket, the first being launched in January carrying 11 small satellites into space.

SMC/TE’s 1st Lt. Blair Morris, Minotaur launch vehicle mission manager, performed his last launch before leaving for maintenance school next month. “It was a privilege to work with this project and see MightySat II.1 launched successfully. We faced some important challenges along the way, but eventually got these important experiments into space,” Morris said. “I will be leaving SMC/TE with a lot of joy and pride.”

“The Vandenberg AFB-based men and women of SMC’s Detachment 9 played an important role in this mission’s success,” said Col. John Wagner, Detach-



Courtesy photo  
**Lab technicians ready MightySat II.1 for launch.**

ment 9 commander. “This launch represents the second time we’ve used a commercial launch facility, operated by Spaceport Systems International (SSI), to put a satellite into orbit. The entire team performed flawlessly.”

**Astro News  
deadlines**

The Los Angeles AFB paper, the *Astro News*, is published every other week on Friday. The editorial office is located within the Space and Missile Systems Center Public Affairs Office in Building 105, Room 4049, in Area A. The telephone number is (310) 363-0303.

Deadline for article submissions is Friday, close of business, the week before the publication date. Articles should be sent via e-mail to the editor at **SMC.PA.Astronews@losangeles.af.mil** or sent on disk. The mailing address is:

SMC/PAI -- Astro News editor  
2420 Vela Way, Suite 1467  
El Segundo, Calif. 90245-4659

<u>Publication dates</u>	<u>Submission dates</u>
Aug. 11 .....	Aug. 4
Aug. 25 .....	Aug. 18
Sept. 8 .....	Sept. 1
Sept. 22 .....	Sept. 15
Oct. 6 .....	Sept. 29
Oct. 20 .....	Oct. 13
Nov. 3 .....	Oct. 27



Photo by Dan Dickerson

## Recycling pays off

Maria Valenzuela, Superior Services Custodian, is presented with a Qualified Recycling Program award by Michael Hanna, Pollution Prevention Manager.

## Congratulations

### Staff Sergeant promotion list

The following people were selected for promotion to staff sergeant: **Miles A. Baker, Ricardo A. Brown, Christopher J. Burt, Christopher Chaikittirattana, Claudia M. Driver, Donny L. Egan, Marco A. Escandon, Jeff G. Flores, Tanya Flugence, Sasanna Galitzen, Duane B. Grundy, Jerry Hernandez, Stacie A. Hernandez, Tari Jackson-Little, Clement P. Johnson, Jesse D. Justice, Shawn M. Miller, Bradley C. Obrien, Amy N. Pasquarello, Richard Rositas, Donna A. Ratliff, Sharon D. Rodgers, Victoria Smith, Andrew E. Sparks, Jose J. Torres, Jason A. Tuia, Shon D. Turner, Annette Washington, Shilo M. Weir, Andreus Whitehead and Serena Lo Williams.**

### Civilian promotions

The following civilians were recently promoted: **James H. Gill, Linda A. Jeter, Kimberlyn J. Jones, John W. Johnston, Tamara L. Jones, Stephanie C. Kidd, Donald R. Lewis, John A. McIvers, Phillip Sanchez, William S. Trombetta and John C. Zamora.**

### MT quarterly awards

The Space Based Infrared Systems Program Office second quarter award winners are: **Capt. Stephen J. Kassebaum**, senior company grade officer; **1st Lt. Robert K. Oakes III**, junior company grade officer; **Ariel Tonnu**, Mid-Level Civilian; **Catherine Eppright**, Administrative Support Civilian; **Natarajan D. Bhaskar**, Aerospace; and **Marke A. Beasley**, contractor.

Double  
your  
intake.

If you aren't looking at the United States Air Force Online News, you aren't getting all of the news. After you read this paper, check out your other newspaper at <http://www.af.mil/newspaper>



# DSP successfully launches 20th satellite

Slowly drifting through space, the watchful eye of Defense Support Program Flight 20 looks down upon the earth. Soon it will stop drifting and come to rest at its final operational node and an integral place in the nation's defense. There it seeks out the infrared signature of missile launches and delivers the warning of their potential doom. On May 8th, the mighty Titan IVB rocket, with Flight 20 on top, roared to life and started the long journey of the Air Force's newest space based infrared sensor. Hundreds of people here in Los Angeles eagerly watched the launch. The tried-and-true DSP formula of factory based launch support was once more in the spotlight.

Rather than send large expeditionary forces to the launch site at Cape Canaveral Air Force Station, Fla., and the satellite control station at Schriever AFB, Colo., the launch and early on-orbit test teams were concentrated in the greater LA region. Government, The Aerospace Corporation and contractor team members formed fully integrated support teams at TRW in Redondo Beach and Aerojet in Azusa.

The integrated product teams bring to bear technical expertise and operational experience tempered with objective decision making. The factory facilities comprise the data and communications nexus enabling the launch and EOT objectives to be met in a streamlined, cost-effective manner.

The satellite launch integration tasks began more than a year ago at TRW where technicians pulled the integrated satellite from storage for launch preparation testing. The launch team performed an integrated systems test to ensure all systems of the DSP satellite were functioning properly, followed by spacecraft alignments and a mass properties and spin balance test. The satellite was flown in an Air Force C-5 Galaxy to Cape Canaveral Air Force Station in Florida where it was processed further in the



Courtesy photo

**Maj. Gordon F. Boyd and 1st Lt. Ted J. Mills oversee final Satellite tests and tasks during launch countdown.**

Spacecraft Processing and Integration Facility. Before fueling and transporting the satellite to the launch pad for mating with the Titan/IUS launch vehicle, the team performed another integrated systems test.

The Lockheed Martin Titan IVB booster and Boeing Inertial Upper Stage (IUS) also underwent extensive pre-launch processing. The Launch Programs team at the Air Force Space and Missile Systems Center was determined to achieve mission success and erase the memories of launch mishaps that occurred during 1998 and 1999. The launch vehicle community took unprecedented steps to ensure 100 percent successful execution for this flight. In some cases, tests were re-accomplished both at the factory and on the launch pad to verify beyond any doubt the rocket hardware was flight worthy. The Launch Programs and Detachment 8 staff worked together on a daily basis with The Aerospace Corporation, Lockheed Martin and Boeing contractor team members to examine each component in excruciating detail - propulsion, guidance, mechanical and electrical systems were all covered.

Moreover, the hard work paid off! The Titan IVB-29/IUS-22 launch vehicle performed nominally placing the essential DSP satellite in its targeted orbit. In space launch parlance, nominal is good, very good.

After liftoff, the Titan IVB propelled the satellite and Inertial Upper Stage into an initial low-earth orbit. The IUS first stage then pushed the DSP into a geosynchronous transfer orbit, and, approximately six-hours later, the IUS second stage fired, circularizing the orbit. With the satellite successfully injected in GEO, the IUS separated and the DSP came to life.

Once the satellite gets on-orbit, SPO test directors led the contractor EOT teams through the initial test and checkout process. The TDs' primary responsibilities during this phase of the operation included monitoring the execution of satellite test procedures, interfacing with Air Force Space Command operators and leading anomaly resolution teams that may be required. The 30-day EOT timeline began with the launch. During the first 72 hours

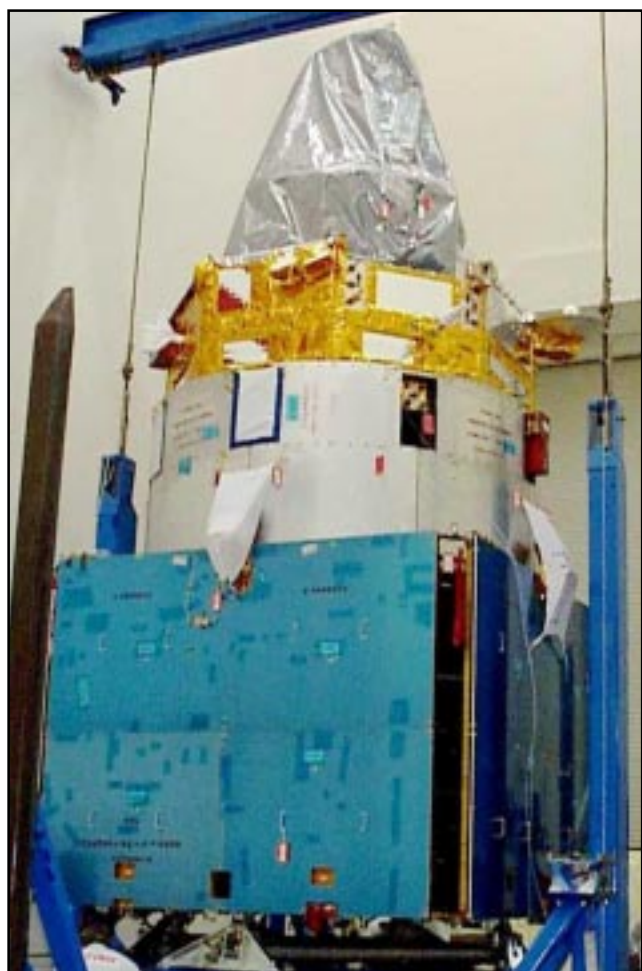
of flight, the satellite separated successfully from the IUS second stage, spacecraft systems deployed and major spacecraft and sensor subsystems turned on. During this period of operation, earth pointing was achieved and the vehicle configured to its basic operational mode.

During this first phase of EOT, both TRW (the spacecraft manufacturer and integrator) and Aerojet (the sensor manufacturer) facilities were staffed around the clock. For the duration of the on-orbit testing, sensor performance was characterized and sensor parameters were fine-tuned. The team collected data to develop spacecraft power and thermal baselines. Finally, ground station functions including commanding, telemetry monitoring and mission operations were verified.

The SPO teams monitored the nominal ascent and opted to execute the spacecraft auto-deployment sequence. Solar panels deployed, attitude control subsystems powered up and the primary infrared sensor turned on. The timeline proceeded flawlessly with reaction wheel run up, earth acquisition and Link 1 (mission data) turn on as expected. No spacecraft or sensor anomalies occurred. Major sensor subsystems like the star sensor and thermal control system were turned on and the sensor sun cover ejected. DSP Flight 20 then took its first look at the Earth. Initial sensor calibrations were performed, and the first phase of EOT was declared a resounding success.

The EOT proceeded with the necessary data collections and tests needed to validate mission performance during the last several weeks. The satellite is now fully configured and optimized for operations. The successful launch and deployment of DSP Flight 20 are the direct result of outstanding Government-contractor teamwork and the tremendous diligence of all involved. All of these efforts culminate in the delivery of a fully operational satellite and sensor to the warfighter community to strengthen our nation's defense.

*(Editor's Note: This article was prepared by the team members from the Launch Programs SPO and Defense Support Program Office as a cooperative effort.)*



Courtesy photo

**This satellite is now in orbit, performing nominally.**

# Space-A destinations for August

August 2000 departures				
Date	Flight #	Space-A showtime	Departure Time	Destinations
6, 13, 20, 27	MC71	6:35 p.m.	9:35 p.m.	Seattle, Osan, Kadena
7, 14, 21, 28	MC87	8:50 p.m.	11:50 p.m.	Seattle, Yokota, Iwakuni, Misawa
27	MC79	8:30 p.m.	11:30 p.m.	Seattle, Yokota, Kadena
August 2000 arrivals				
Date	Flight #	Arrival time	Arriving from	
2, 9, 16, 23,30	MC88	1:50 p.m.	Seattle, Yokota, Iwakuni, Misawa	
5, 12, 19, 26	MC80	3:35 p.m.	Seattle, Yokota, Kadena	

**Notes:** No scheduled departures on Tuesdays, Wednesdays and Fridays. Passengers with confirmed reservations can check in six hours before departure. No scheduled arrivals on Monday, Tuesday, Thursday, Friday and Sunday. For more information, contact the AMC ticket counter at 363-0714 or 363-0715.



Photos by Staff Sgt. Jerry Jackson

**Top:** Staff Sgt. Edward J. Golinski conducts a “Space-A” call at the Air Mobility Command counter inside terminal two at Los Angeles International Airport.



**Right:** Jackie Sarabia, flight controller, reviews orders of passengers as they check in for an overseas flight at the AMC terminal.

## Kids Workshop hosted at Ft. MacArthur

**Staff Sgt. Mike Jacobs**  
NCOIC MFH Housing QAE

On a recent Saturday at Ft. MacArthur, the sounds of busy workers pounding in nails and sawing wood wasn’t from our hardworking Civil Engineers. The sounds were actually coming from 52 hardworking children ages 6 through 10 as they put together toolchests at the 2nd Annual Kids Workshop.

The workshop, sponsored by Base Civil Engineering, Trendtec and Home Depot, was designed to help teach kids the art of woodworking.

“The Kids Workshop was a huge success,” said Andy Craddock, Trendtec operations and maintenance manager at Ft MacArthur. “We expected about 40 kids, we were prepared for 60 and 52 showed up. We were delighted at the turnout.”

Randy Facca, Self-Help Store Manager, and volunteers from Home Depot, began the program by handing out work aprons to the kids and marking them with their names using some creative calligraphy. After a short class and a safety meeting, the kids started hammering away.

“Some of the kids went a little wild with the hammers, but for the most part they all did a great job and had lots of fun. Not too many banged fingers or thumbs, either,” Facca said.

Next month Trendtec and Home Depot will sponsor another workshop titled “Screwdriver Maintenance” to teach family housing residents “fix it” tricks such as replacing screens, door stops, door knobs, electrical switch covers and more.

If you need any assistance or have questions about any of these events, please call Randy Facca at 363-8285.



Photo by Staff Sgt. Mike Jacobs

**Gabriel Caraballo** hammers a nail into the handle of his toolbox at the 2nd Annual Kids Workshop.

# Stationary cycling craze hits base gym

**Bonnie A. Adkins**  
Exercise Physiologist

In case you haven't heard, the Los Angeles AFB Fitness Center has just taken 20 new Reebok stationary indoor bikes out of their boxes. "What is a Reebok stationary indoor bike" you ask? It's the latest craze to hit the fitness industry since the running shoe.

The bikes were originally developed so cyclists could train year-round. It quickly became known as stationary indoor cycling or as "Spinning@." At first, only super-fit gym goers were participating because of the intensity of the classes. But as experienced participants pedaled their way to greater fitness, many less fit exercisers were left in the dust. That's changed now. The new spin on the trend with cycling classes is they can be customized for everyone — from beginners to serious athletes.

Stationary cycling classes were so intense they had become anaerobic, intimidating and too difficult for the average exerciser. The solution was to develop a course format where individuals can ride side-by-side yet receive different workouts.

Clubs have scrambled to meet demand for the classes since they were introduced about two years ago. More than 600 clubs across the nation now offer the classes, and thousands of instructors have been certified to teach them from New York to San Francisco, and now to Los Angeles AFB — you name it. The classes have really taken off.

Serious exercisers love the classes because they can get a tough, full-body workout in minimal time. Others don't have to worry about learning complicated footwork like in a step or aerobics class, and can just get into the rhythmic movement and work up a sweat. "As long as you keep cycling, you'll maintain the aerobic benefits. In an aerobics class, you spend a lot of time learning the steps, and if you're not a quick learner, you lose a lot of aerobic benefit," said Jeffrey Scott, Master Reebok instructor at CycleReebok in Santa Monica, Calif. The classes are also low impact and stress free on the joints, so they are making a lot of converts among baby boomers and injured athletes as well.

The main reason for their rapid success is they pro-



Photo courtesy Carol Sheridan CycleReebok

**A rider works out on the Reebok stationary bike.**

vide a satisfying workout. You suddenly notice an increase in stamina and loss of fat. Bases that have had the program in place are seeing significant increases in cycle ergometry scores. For those of you who are not familiar with "cycle ergometry," it is a submaximal fitness test done on a stationary bike the Air Force uses to assess its member's physical fitness levels.

Depending on the instructor, participants can be led on a "virtual" outdoor road race complete with hills, valleys, straight-aways and finish lines.

The following helpful tips can make your first cycling experience a positive one:

– Don't make the dreaded mistake of showing up in

your usual boxers or running shorts — there's no better way to make your ride unbearable. Opt instead for bike shorts, preferably padded like most outdoor cyclists wear. While this won't eliminate the chafing and discomfort altogether, it helps — a lot.

– Your second most important item: a full water bottle. Get ready to consume plenty of water during this class.

– Adjust the seat to the appropriate height. Follow your instructor's directions. If the instructor doesn't tell you how to find the proper seat height, don't hesitate to ask. And don't grip the handlebars too tightly as this will increase the tension in your neck and shoulders. If your hands start to feel numb, chances are you're holding on too hard.

– Don't be intimidated by the high speeds and intensity of your cycling mates. Listen to your body and adjust the tension and speed accordingly, and don't be afraid to sit back and take a break when necessary. If the instructor tells you to go to a level 5 and you are not comfortable with a level 5, go to a 6, or if a 6 is too hard, then go to a 4 or a 5. Above all, concentrate on exercising at your own pace.

The thought of riding a stationary bike may sound like torture for many folks — myself included — but, in these classes, the music and the energy of the group keep you pedaling, usually for about forty-five minutes. And talk about sweat! People who waltz through other workouts without breaking a sweat are now discovering the exhilaration of a good hard workout. But the beauty of indoor cycling classes is you can go at your own pace. No need to worry about being the last one up the hill. Everyone finishes together.

Classes began earlier this month at the Fitness Center. Stay tuned for the complete schedule of upcoming classes, or call the Fitness Center for details at 363-6815.

## HAWC offers classes to help improve health

The following is a list of classes offered at the Health & Wellness Center in August. Most classes are offered monthly. Please contact the HAWC at 310-363-6266 to sign up for any of these classes or to obtain further information. Classes are open to active duty, family members, DoD civilians and contractors. All classes will be held in the recently remodeled Health & Wellness Center, located in Building 243, across from the Commissary.

**Aug. 1 ..... 9 - 11 a.m.**

Heart Healthy Eating

**Aug. 3, 10, 17, 24 ..... 10 - 11 a.m.**

Step to Lower Cholesterol (4 class series)

**Aug. 8 ..... 11:30 a.m. - 1 p.m.**

General Nutrition

**Aug. 7, 14, 21, 25, 28 ..... 9:30 - 11 a.m.**

Tobacco Cessation (Series of five classes.)

**Aug. 9, 16, 23, 30 ..... 9 - 11 a.m.**

Think Light! Weight Loss Program. (Series of eight classes, mandatory and voluntary program.)

**Aug. 15 ..... 9 - 11 a.m.**

Smart Shopping Commissary Tour

**Aug. 29 ..... 8 a.m. - 3 p.m.**

Stress Management

## Just hangin' out in the sun

Kayakers who participated in the Outdoor Recreation Ocean Kayaking day July 15 were treated to an up close and personal view of some native California Sea Lions as they sit on a buoy off the coast of the Seaside Lagoon in Redondo Beach. Call the Outdoor Recreation Center for more information on kayaking at 363-2081. (Photo by Joe Juarez.)



# Travel Reimbursement:

## *Things to know when filing travel vouchers*

**Tech. Sgt. Armand Fajardo**  
Financial Services Division

Have you ever wondered what happens to your travel vouchers once submitted to the Financial Services Office? Have you ever worried that you may not be paid in a timely manner for your travel expenses? Have you ever been frustrated because you think you were not reimbursed correctly on items claimed on your voucher?

The answer to those questions and more are printed in the Joint Federal Travel Regulation. However, that document is about as thick as a phone book and as confusing as a recipe for Crème Brûlée. To help clear up some of those questions, here are some basic reimbursement policies and procedures you need to know when traveling on official government business.

The travel reimbursement process begins with the submission of a travel voucher along with supporting documentation. The traveler, upon completion of travel, is required to file a travel voucher within seven days. Documents required are as followed: The original travel voucher plus one copy, two copies of orders with any amendments, commercial lodging receipts, airline ticket receipts and receipts for any other reimbursable expense above \$75.00. In addition, if the travel required the use of government facilities at the

destination and none were available, you must include two copies of the Contract Quarters Authorization or Non-availability of Government Quarters/Facilities form in order to be reimbursed for the commercial costs of lodging.

Depending on the situation, additional paperwork may be submitted with the voucher. For example, a letter of authorization for after-the-fact expenses such as registration fees, rental car, or other miscellaneous documents, in lieu of an amendment to the travel orders may be attached to the voucher. Automated Teller Machine withdrawal receipts may also be needed. However, they are not required if the amount withdrawn and the transaction fees along with it are stated on the voucher. Since there can be variables and “unknowns” in travel reimbursements, you should always discuss any questions you have with the Financial Services Office. The documents mentioned here are the most common and are always required for voucher payment processing.

A normal reimbursement cycle is five workdays from the date of submission of the travel voucher. It can take longer based on the volume of travel vouchers that are being processed. Generally, if the voucher is filed during the latter part of the month, it may take a day or two longer because of restrictions at the Defense Finance and Accounting Service Operating Location.

There are circumstances where a travel voucher may not be paid on time. Sometimes they are returned to the customer for correction or because supporting documents are missing. Under normal circumstances, travelers are given a courtesy call to notify them of what is missing or needed before they are rejected. However, there are situations where the travel claims must be sent back to the claimant, especially when it is missing a major requirement for processing payments such as missing amendments to orders, invalid travel orders or no signatures.

A traveler who files their voucher at the local Financial Services Office is notified of payment no later than three days upon completion of processing their claim. Notifications are sent normally via e-mail or regular mail.

It is important that all travelers expecting travel reimbursements check their bank account prior to making any withdrawal of funds. Assuming that the payment has gone through could cause overdrafts. Although rare, payments sent by finance may not reach an account due to invalid bank information or because the account has been closed. Always ensure that finance has your most current banking information on file.

Understanding the reimbursement process will help ensure accurate payments and prevent delays. With the recent requirements to use the Government Travel Card, travel vouchers need to be submitted and paid to prevent the account from becoming delinquent.

For more information about the travel reimbursement process and procedures, call the Financial Services Office Customer Service desk at 363-1534.

## ***DOLLAR\$, \$EN\$E:* Information you need to know**

### **Did you know...**

... Reimbursement for long term parking on official travel at airport terminals is limited to the usual local taxi fare from your home or office to the airport. Just like any expense, airport parking is limited or capped at some point. For example, the maximum allowable reimbursement for parking and mileage from traveler's residence to the terminal (and/or return) shall not exceed the usual taxi fare from each trip. The fare table will soon be published as a guide to travelers. As a rule of thumb, the normal taxi fare is determined by multiplying the number of miles by \$1.60 per mile and adding \$4.40 (for drop-off/pick-up fee) plus a 15% estimated tip. If the total of the parking and mileage exceeds the formula

mentioned, reimbursement will be limited to the cab fare.

... DOD civilian employees may not be reimbursed for tips given for the handling of their personal luggage. However, this does not pertain to tips for handling of government property baggage.

... The use of the government travel card to withdraw cash on official business has a 1.9% ATM fee. Did you also know that sometimes an ATM machine charges a separate “withdrawal/usage” fee. These two fees are separate reimbursable items. The 1.9% is applied to the total cash withdrawn. For example, \$400 was withdrawn and the ATM charges

\$1.50 for the withdrawal. You may claim \$1.50 and the 1.9% of \$401.50 for reimbursement for a total reimbursement of \$409.13.



... There's a transaction fee of \$11.50 for purchasing airline tickets with the government travel card. This fee is non-refundable. However, the fee is reimbursable provided it is claimed on your travel voucher. If your travel is cancelled, this fee can be reimbursed by filing either an SF1164, Claim for Reimbursement for Expenditures on Official Business, or a DD 1351-2, Travel Voucher. If the SF1164 is used, the original travel orders have to be revoked. Likewise, if using DD-1351-2, an amendment to rescind the origi-

nal order must be published and submitted with the travel voucher and the orders.

... There's a payment method called “split disbursement.” This means a portion of the reimbursement can be sent directly to your government travel card account. You could even elect to send the entire amount to the card. This eliminates the need for you to wait for the travel reimbursement to be posted to your personal bank account before making payment to the card. Check “Split Disbursement” in Block 1 of the travel voucher and indicate the amount you wish to send to your government travel card account. Your account number is automatically programmed into this transaction. (*Courtesy of Space and Missile Systems Center's Financial Services Division.*)

## Chapel Schedule

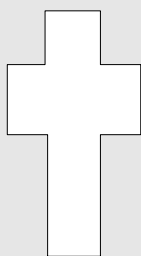
### Roman Catholic

Saturday: Sacrament of Reconciliation at 3:45 p.m., Mass at 4:30 p.m.

Sunday: Mass at 9 a.m., CCD in Building 37 at 10:30 a.m.

### Protestant

Sunday: Sunday School at 9 a.m., Building 37; General Protestant worship at 10:30 a.m.



All the above services are at the Fort MacArthur Chapel. Call the Chaplain Service division office at 363-1956 for more information.

## The Club 363-2230

The Club will hold a barbecue every Thursday this summer in the Area A Mall. Food is served between 11 a.m. and 1 p.m. Items are priced a la carte and may include ribs, chicken, hamburgers, hot links, potato salad, corn cobbets, baked beans, coleslaw and fresh fruit.

Every Friday the lounge is open at 4 p.m. The DJ starts playing at 5 p.m. Free snacks are available to club members.

The Barber Shop is open from 7:30 a.m. to 2:30 p.m. Monday through Friday and is located in building 120 on the lower level floor. For more information, call 363-1733.

## Youth Services 363-8383

The L.A. Experience Summer Camp will run until Sept. 1 and is for children between the ages of 5 and 12 years. Kidz Korner Youth Center offers kid-friendly activities throughout the summer break. Activities include field trips, swimming, unsurpassed art creations, cooking projects, community service projects, hiking and sports events. Camp is a full-day care program, and fees are based on the annual income of both parents. Registration is open now.

Los Angeles AFB Family Member Support Flight is participating in Project 2000. Project 2000 is a collection of food and clothing items that will be donated to the community and to the homeless. The drop-off points are both Child Development Centers, the Community Center and the Youth Center.

## Child Development Center 363-8335

### El Segundo

The El Segundo CDC preschool class goes to the Fort Mac Pool today. For more information, please contact the El Segundo CDC Front Desk.

## Swimming Pool

Fort MacArthur swimming pool is open. Hours of operation are 12 to 8 p.m., Thursday to Tuesday.

## Family Child Care – 833-8334

The Seal Beach Naval facility has openings in their Navy licensed Family Home Day Care homes. For more information, contact Kathy Richards, Family Childcare Director, at (562) 626-7899.



LAAFB is striving to expand Family Child Care Services in homes of military and retired military members. If you are a spouse who lives either on or off base and are interested in becoming a licensed family Child Care Provider, please contact Ms. Hyechong Froschl at 363-8334 or stop by the Child Development Center on Fort MacArthur, building 31.

### Providers:

Amy Gonzalez can provide child care from 7 a.m. to 5 p.m., Monday to Friday for children ages 3 and up on a full, part time and drop-in basis. For more information, call 514-1938.

Terri Gregg can provide child care from 7 a.m. to 5:30 p.m., Monday to Friday for children ages 2 and up on a full, part time and drop-in basis. For more information, call 832-1099.

Johvon Tidwell can provide child care from 6 a.m. to 5 p.m., Monday to Friday for children ages 2 and up on a full, part time and drop-in basis. For more information, call 547-9762.

The above providers are the only individuals authorized to provide child care in the Fort MacArthur, Pacific Heights & Pacific Crest Areas. In accordance with Air Force Instruction 34-276, "Persons wishing to provide care for more than 10 hours per week on a regular basis in government quarters must be trained, licensed and granted approval from the Base Commander." If your child care provider is not on this list, please notify our office immediately so we can invite them to become trained and licensed through our Family Child Care office.

## The Fitness Center 363-6815

Fitness Center Age Restrictions according to AFI 34-266, Air Force Fitness and Sports Programs, 1 Nov. 1999, are established to ensure a safe environment for all Fitness Center customers. Guidelines are as follows:

**16 years of age and over:** Unrestricted use of all Fitness Center facilities and equipment. Need not be accompanied by a parent or legal guardian.

**14 and 15 years of age:** Cardiovascular Equipment and Weight Rooms – Require interactive supervision from a parent, legal guardian or Youth Program staff member or coach. Other areas (basketball court, racquetball, etc.) unrestricted use.

**13 years of age and under:** Cardiovascular Equipment and Weight Rooms – Access to these areas prohibited. Other areas (basketball court, racquetball, etc.) require interactive supervision from parent, legal guardian or Youth Program staff member.

**Fitness Challenge of the month is Stepmill.** For more information, call the El Segundo Fitness Center front desk at 363-6815.

Two new sports will soon be introduced to the Fitness Center customers: 4-Man Indoor Soccer and Tri-Ball Volleyball. Sign-ups are now being taken to determine whether the Fitness Center can run an intramural event or a tournament. For more information, please call SSgt. Ronnell Ramos or TSgt. Juan Gordovez at 363-6816.

The fitness Center offers one-on-one free



individualized fitness programming. We have certified personal trainers that offer the following services: Fitness assessments, personal fitness planning, fitness goal setting, programs to lower cholesterol, strength training, cardiovascular training, proper use of equipment and proper lifting techniques. Individual appointments can be made by calling 363-6815 or you can ask at the front desk for a trainer during workouts.

### Upcoming AF Form 303 Due Dates

**Men's Soccer** – due Aug. 11. Trial Camp is at Wright Patterson AFB, Ohio, Sept. 25 to Oct. 13.

**Rugby** – due Aug. 24. No trial camp. Armed Forces Championship is at NAS Pensacola, Fla., Oct. 8 to 15.

## Outdoor Recreation

### Camping Trailers

**Hard shell camper**, sleeps three, w/toilet, shower, air conditioning, stove and refrigerator is \$35 per day, minimum two days.

**Pop-up camper**, sleeps 7 to 8, with stove, refrigerator and air conditioning. Requires electrical brake hookup. \$35 per day, minimum two days.

**Large Barbecue Pit** on a trailer is \$25 per day.

### Camping Packages

**Family Pack** is \$22 and includes a five-man tent, lantern, two-burner stove and four sleeping bags.

**Outdoorsman Pack** is \$18.50 and includes a three-man tent, lantern, two-burner stove, four sleeping bags and a mess kit.

**Traveler's Pack** is \$7.50 and includes a backpack, mess kit, sleeping bag, hatchet and sleeping mat.

**Visitor's Pack** is \$12 and includes a three-person tent, two sleeping bags and two air mattresses.

## RV Storage

For your convenience, Los Angeles AFB offers four RV storage facilities. They are located next to Bldg. 219 and 215 in Area B, next to the FamCamp in Lawndale and one at Fort MacArthur\*.

Storage fees are \$30 per month for RVs over 23 feet and \$20 per month for RVs under 23 feet long.

\*The RV storage located at Fort MacArthur is open to active duty military personnel residing in LAAFB military housing.

## FamCamp

Los Angeles AFB operates a Family Campground, or FamCamp. We have 15 hardstand units with hookups for water and electricity.

It is open year round and advanced reservations are accepted. The camp is located two miles south of LAAFB in Lawndale. Call 363-2081.

## Tickets & Information 363-2190

San Diego Padres tickets are now available. Call or come by and ask about special order tickets to major attractions in Fla., Texas, etc.

## Auto Skills Center 363-1705

July's monthly special is a Brake Test for \$15 – electronically check your brakes plus side to side alignment.

# Hookers, rucks and scrums: It's rugby

**Senior Airman Chance C. Babin**  
926th Fighter Wing Public Affairs, NAS New Orleans

If these terms seem a bit odd or intriguing, you may be a hooker or rucking candidate on the base rugby team. These are terms used in the sport of rugby, and there's a place on the base team just waiting for you.

When Master Sgt. Drew Gray, superintendent of sports and fitness with the 61<sup>st</sup> Services Squadron, decided to start up a base rugby team here, his main intentions were to give the vast number of base personnel a physically challenging outlet to vent their daily tensions.

For Gray, his first dose of rugby came when he was stationed at Lowry Air Force Base in Denver, Co., in the early '80s.

"I was playing tennis when I saw some guys throwing a ball around, and they said they needed one more player," he recalled. "It seemed fun, and

after they ripped the shirt off my back, I said, hey, this game is for me."

Since then, Gray has played all over the world including Japan, Italy and across the United States.

"The great thing about rugby is you may be enemies during the game, but afterwards, everyone gets together to barbecue and socialize," he said. "Rugby is a way of life. Wherever you go in the world, it's there. It's like a fraternity."

When Gray was first stationed at LAAFB two years ago, he was a newlywed with a small child and one on the way, so he had to put rugby on the back burner. Then he met Lt. Jason Breslin, MILSATCOM, and they talked about rugby. Gray decided his craving for the sport hadn't died. The two of them decided to establish a base rugby team



Courtesy photo

**Air Force and Marine rugby players get into a scrum at a recent rugby game to determine possession.**

about six months ago.

Gray said the initial response to having a base rugby team was very positive with as many as 15 players involved. But it became difficult to schedule practices and participation began to dwindle.

When it became obvious there were not enough players to hold a practice, Gray looked to the Los Angeles Rugby Club to help out his cause.

He soon found out the LARC had many of the same problems with participation as the base

team. It was decided the two teams should merge and the base team would supplement the LARC.

Gray would like to invite any interested Air Force or Department of Defense workers to come out and join the scrum. The team is currently playing its summer schedule of seven-man rugby and begins 15-man play in January.

"I don't like to call it a tryout because it's really more like a clinic when we practice," Gray said. "Anyone with two hands

and two feet is welcome to play with us. We don't discriminate."

"We usually have half that have played before and half that haven't," Gray said. "Any size or age can play. It doesn't matter if you played high school football or not. You can play with us."

According to Gray, rugby is like a combination of soccer and football with no pads. He said ex-football players often have a tough time shaking off their football tendencies.

For instance, there is no blocking in rugby, no head first tackles, and when a player is tackled, they must release the ball.

"It usually takes four to six practices for a totally inexperienced player to learn a position and play in a game," Gray said.

There are various rugby opportunities in the area including co-ed rugby and even touch rugby in the sand. Anyone interested in participating in any form of rugby should contact Gray at 363-1881 or Breslin at 363-4921.

## Blotter: Love of basketball gets group busted

An unidentified person contacted Security Forces at Gate 5 and reported that a group of six people had jumped over the fence at the Area "B" turnstile. Security Forces responded and searched the area. The six subjects were located inside the Base Gym playing basketball. The six individuals were detained and taken to Security Forces headquarters where the El Segundo Police Department was notified. A check was made for wants and warrants and found that one of the trespassers had outstanding warrants totaling \$27,000. The individuals were escorted from the base.

### Dependent caught shoplifting

The store detective at the Base Exchange reported to the Law Enforcement Desk they detained the 15-year-old son of an Army reservist for shoplifting. The individual entered the store and put a pair of 2-way radios in his pocket and exited the store without paying. The total value of the two radios was \$64.95. The individual was issued a base suspension letter, and the El Segundo Police Department cited the individual for petty theft. He was released to the 61<sup>st</sup> Security Forces and escorted off base.

### Dog bites young boy in calf

A Security Forces member reported while on patrol of the south parking area of the Base Exchange, he noticed a juvenile lying on the grass holding his right calf. The youngster said he was playing in the grassy area near the exchange while his father was shopping, and a small brown dog on a leash ran past and bit him. The eight-year-old suffered bruising and a puncture wound on his right calf. The El Segundo Fire Dept was notified and responded. The Department of Animal Care and Control also responded. The dog had received all of its required shots. The juvenile was treated and released to his parents.

### Window broken at housing

Air Force member reported damage to a window at her housing unit on 35<sup>th</sup> Court at Fort MacArthur. Security Force members were briefed and responded. Upon arrival, they met with the woman who stated that the second floor bedroom window was broken by an unknown person. While the interview was being conducted, a juvenile made contact with a security force member and apologized for breaking the window. Base Civil Engi-

neering was notified and responded and estimated the damage at \$80.00. The juvenile was released to his parents.

### Dog bites police officer's finger

The Security Forces Supervisor was notified that one of his officers had been bitten by a stray dog near the Fort MacArthur Community Center. Contact was made with the officer who said that an unknown couple approached him at the gate and said they found a stray dog. While attempting to locate the dog's identification tags, the dog bit the officer. He sustained a small puncture wound to the middle finger of his right hand.

### Bathroom hit with graffiti

A civilian services employee reported the restroom at Bldg 37 had been vandalized with graffiti. The previous time he had visited the rest room, it was free from graffiti, but the next morning, unrecognizable lettering was scratched into the surface of the walls. The services employee also said that approximately three weeks earlier graffiti had been discovered, but wasn't reported. The Base Civil Engineers estimated the damage at \$50.00.

# SMC Today

**Got a good story? The staff of the video program, 'SMC Today', would love to hear about it. To submit story ideas for 'SMC Today', call Terry Hagar at 363-2465.**